

# One thing that makes playing sports fun for players is....

Note. The 11 fun factors (bolded) and the fun-determinants within each factor (bulleted) are listed in order of importance from highest to lowest.

## **Trying hard**

- Trying your best
- Exercising and being active
- Working hard
- Playing well during a game
- Being strong and confident
- Getting/staying in shape
- Competing
- Making a good play by scoring, making a big save, etc.
- Setting and achieving goals
- Playing hard

## **Positive team dynamics**

- Playing well together as a team
- Being supported by my teammates
- Supporting my teammates
- When players show good sportsmanship
- Getting help from teammates
- Warming up and stretching as a team

## **Positive coaching**

- When a coach treats players with respect
- When a coach encourages the team
- Having a coach who is a positive role model
- Getting clear, consistent communication from coaches
- A coach who knows a lot about the sport
- A coach who allows mistakes, while staying positive
- A coach who listens and considers players' opinions
- A coach who you can talk to easily
- A nice, friendly coach
- Getting compliments from coaches
- When a coach participates with players during practice
- When a coach jokes around

## **Learning and improving**

- Being challenged to improve and get better at your sport
- Learning from mistakes
- Ball touches, including dribbling, passing, shooting, etc.
- Improving athletic skills to play at the next level
- Learning new skills
- Using a skill you learned in practice during a game
- Playing different positions
- Going to sports camp
- Copying the moves and tricks that professional athletes do

## **Game time support**

- When parents show good sportsmanship by being encouraging
- A ref who makes consistent calls
- Being congratulated for playing well
- Having people cheer at the game
- Having your parent(s) watch your games
- Getting complimented by other parents

## **Games**

- Getting playing time
- Playing your favorite position
- Playing against an evenly matched team
- Being known by others for your sport skills
- Playing on a nice field/ good ice
- Playing in tournaments

## **Practice**

- Having well-organized practices
- Having the freedom to play creatively
- Taking water breaks during practice
- Scrimmaging during practice
- Doing lots of different drills and activities during practice
- Partner and small group drills
- Practicing with specialty trainers/coaches

## **Team friendships**

- Getting along with your teammates
- Being around your friends
- Having a group of friends outside of school
- Being part of the same team year after year
- Hanging out with teammates outside of practice or games
- Talking and goofing off with teammates
- Meeting new people

## **Mental bonuses**

- Keeping a positive attitude
- Winning
- It relieves stress
- Ignoring the score

## **Team rituals**

- High-fiving, fist-bumping, hugging
- Showing team spirit with gear, ribbons, signs, etc.
- Doing team rituals
- End-of-season/team parties
- Carpooling with teammates to practices and games
- Going out to eat as a team
- Doing a cool team cheer

## **Swag**

- Having nice sports gear and equipment
- Earning medals or trophies
- Traveling to new places to play
- Wearing a special, cool uniform
- Eating snacks/treats after the game
- Staying in hotels for games/tournaments
- Getting pictures taken

# #funintegrationtheory #funmaps

